

FOOD BYTES

September
2023

Hi there!

Whole Grains

Whole grain products are healthier since they are not processed, and therefore maintain more nutrients such as fiber, vitamins, and minerals. It's recommended that at least half of your grains being whole grain.

- **Be an ingredients detective:** Review the ingredients label.
 - Foods labeled with the words multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, are not always whole-grain products. Look for whole wheat, brown rice, oatmeal, bulgur, buckwheat, whole corn, whole-grain cornmeal, whole oats, whole rye, or wild rice.
- **Don't judge a grain on its color alone:** Just because a bread is brown doesn't automatically make it whole grain. It's best to focus on ingredients to insure you're getting whole grain.



SEPTEMBER
IS NATIONAL
WHOLE
GRAINS
MONTH

Quinoa is classified as a whole grain and is a good source of plant protein and fiber. One cup cooked provides about 8 grams of protein and 5 grams of fiber.

KITCHEN TIP

Never used brown rice? Try introducing it by mixing it 50/50 with white rice and then gradually increase the portion of brown rice. Try this with a variety of whole grains to help your family get used to the flavors.

Recipe

Black Bean Quinoa Bowl

Makes 1 Servings

Ingredients:

- ¾ cup canned black beans, rinsed
- ½ cup cooked quinoa
- ¼ cup hummus
- 1 tablespoon lime juice
- ¼ medium avocado, diced
- 3 tablespoons pico de gallo
- 2 tablespoons chopped fresh cilantro

Instructions:

1. Combine beans and quinoa in a bowl.
2. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency.
3. Drizzle the hummus dressing over the beans and quinoa.
4. Top with avocado, pico de gallo and cilantro.

